

WASH YOUR HANDS

Your hands may look clean—but they're NOT!

Germs on your hands can make you,
your co-workers, customers and family sick!

Wash your hands:

- ☞ When arriving at work
- ☞ After using the toilet or changing diapers
- ☞ Before and after eating, drinking or smoking
- ☞ After coughing, sneezing or blowing your nose
- ☞ After touching your hair, face, clothing
- ☞ Before, during and after preparing food
- ☞ After touching raw meats, poultry and seafood
- ☞ After playing or working outside
- ☞ After handling dirty equipment, dishes or utensils
- ☞ After handling garbage, cleaning chemicals, or dirt
- ☞ After handling pets, animals or animal waste
- ☞ Anytime you change tasks—going from one task to another



How to Wash Your Hands

- Wet hands
- Apply soap
- Scrub briskly for 20 seconds, especially fingertips, nails and between fingers.
- Rinse well
- Dry with a paper towel
- Use paper towel to turn off the faucet



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